





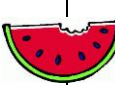










# JANUARY 2019

National City George H Waters  
**AT THE TOWERS**  
 1415 "D" Avenue- National City, CA 91950  
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk	1) CLOSED NEW YEARS DAY 	2) CHICKEN CACCIATORE  EGG NOODLES GREEN BEANS ALMONDINE FRUIT SALAD ITALIAN LEMON ICE MILK	3) ROAST BEEF W/ WILD MUSHROOM SAUCE  AU-GRATIN POTATOES PEAS & CARROTS TWO COLOR SPINACH SALAD MANDARIN ORANGES MILK	4) CATCH OF THE DAY  STEAK FRIES BROCCOLI SPEARS CALICO COLESLAW PEACH MELBA MILK 
7) HERB CRUSTED ROAST PORK  BAKED YAMS STEAMED CAULIFLOWER TOSSED SALAD APPLESAUCE W/ CINNAMON MILK	8) PEPPER STEAK  STEAMED RICE SAUTEED SPINACH BOK CHOY SALAD FRUITED GELATIN MILK 	9) CHICKEN BURRITO W/ CHEESE  SPANISH RICE & BEANS ZUCCHINI & CORN AURORA SALAD WATERMELON WEDGE MILK	10) PORK SPARE RIBS  BAKED BEANS COUNTRY BLEND POTATO SALAD ORANGE SMILES MILK 	11) CATCH OF THE DAY  PASTA PILAF BABY CARROTS TROPICAL FRUIT SALAD RAINBOW SHERBET MILK
14) STEAK RANCHERO  MEXICAN RICE YELLOW SQUASH CAESAR SALAD MELON MIX MILK	15) TURKEY & CHEESE CROISSANT  VEGETABLE SOUP MARINATED VEGETABLE SALAD MACARONI SALAD PEACHES & CREAM MILK	16) COUNTRY PORK CHOPS  MASHED SWEET POTATOES SUCCOTASH AMBROSIA SALAD APPLE COBBLER MILK 	17) GRILLED CHICKEN BREAST  ALMOND RICE JAPANESE BLEND ORIENTAL NOODLE SALAD MANGO MIXX MILK	18) CATCH OF THE DAY  RED POTATOES ROASTED VEGETABLES CALIFORNIA FRUIT SALAD BROWNIES MILK
21) CLOSED 	22) BEEF W/ HERBED TOMATO SAUCE  BOWTIE PASTA ITALIAN GREEN BEANS TOMATO BASIL SALAD HONEYDEW MELON MILK	23) BROILED CHICKEN W/ BBQ SAUCE  MACARONI & CHEESE BABY CARROTS CAESAR SALAD PINEAPPLE TART MILK 	24) ROAST TURKEY W/ CORNBREAD STUFFING  MASHED POTATOES BRUSSELS SPROUTS CRANBERRY ORANGE NUT SALAD PUMPKIN PIE MILK 	25) CATCH OF THE DAY  STEAK FRIES GREEN PEAS CALICO COLESLAW CANTALOUPE MILK
28) CHICKEN APRETADA  LINGUINI ITALIAN GREEN BEANS GARDEN SALAD ORANGE SMILES MILK 	29) TERIYAKI PORK CHOP  FRIED RICE JULIENNE CARRTOS FRUITED LIME GELATIN ALMOND COOKIES MILK	30) BEEF STROGANOFF  EGG NOODLES STEAMED BROCCOLI WALDORF SALAD PEACH COBBLER MILK 	31) CHICKEN COQ-AU-VIN  RICE PILAF SCANDINAVIAN VEGETABLES ROMAINE SALAD FRESH GRAPES MILK	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M.

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE SERVICES (AIS) ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO

RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.